

TRUMBULL RECREATION

2006 – 2007 FALL/WINTER PROGRAMS



SPONSORED BY THE BOARD OF RECREATION:

Robert B. Marconi
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**JUDGE ARAM TELLALIAN BUILDING
TRUMBULL TOWN HALL ANNEX
5892 MAIN STREET**
OFFICE HOURS: MONDAY - FRIDAY 9 - 5 P.M.

WEBSITE!! www.trumbull-ct.gov

ALL PROGRAMS ARE RESTRICTED TO TRUMBULL RESIDENTS.

All information is subject to change. No participant shall be excluded due to the inability to pay. Dates and times are subject to change. NO REFUNDS will be given. Listen to WICC for cancellations due to inclement weather. Cancellation Line 452-5169. For further information, contact the Recreation Department at 452-5060.

Fee Schedule:

Pay full price for 1st person and ½ price for any additional participants in the same program.



Adult Water Aerobics

Limit: 40 people

FEE: \$35/session. NO REFUNDS.

Adult water Aerobics is being offered at the Hillcrest Middle School pool on Daniels Farm Road for all Trumbull residents 18 years and older with proof of residency. There will be two ten-week sessions in September and January. Registration begins Tuesday, September 5th. The days and times for Adult Water Aerobics are as follows:

Monday & Wednesday mornings – 9:30 a.m. – 10:30 a.m.
beginning September 25th.

Monday & Wednesday mornings – 11:30 a.m. – 12:30 p.m.
beginning September 25th.

Monday & Wednesday evenings – 7:00 p.m. – 8:00 p.m.
beginning September 25th.

Please remember to bring two empty gallon jugs secured with lids to each class.



BABYSITTING

American Red Cross Babysitters Training Course

Limit: 6 people minimum/12 maximum.

FEE: \$60/session. NO REFUNDS.
No Discounts.

There will be two, two-day sessions offered to Boys' and Girls' ages 11 – 15 in the Council Chambers at Town Hall. Registration begins September 5th at the Recreation Department.

The days and times are as follows:

Session 1: Tuesday, November 14th and Wednesday,
November 15th, 3:30 p.m. – 6:30 p.m.

Session 2: Wednesday, March 21st and Thursday,
March 22nd, 3:30 p.m. – 6:30 p.m.

BADMINTON



Co-ed Badminton

Co-ed Badminton is being offered for Trumbull residents 15 years and older. Co-ed Badminton meets Monday evenings from 7:00 p.m. – 9:00 p.m. at the Trumbull High Auxiliary Gym and will begin October 16th.



BASKETBALL

Youth Basketball Leagues

FEE: \$35 plus (*see shirt prices below). No Refunds.

*Boys Shirts - Grades K - 6 = \$12.00

Grades **7 - 12 = \$20.00

** (IF YOU HAVE A TANK SHIRT FROM LAST YEAR
YOU HAVE THE OPTION OF USING IT THIS YEAR).

*Girls Shirts - Grades K - 6 = \$12.00

Grades **7 - 12 = \$20.00

** (IF YOU HAVE A TANK SHIRT FROM LAST YEAR
YOU HAVE THE OPTION OF USING IT THIS YEAR).

The department is offering a basketball league starting in late November/December for boys and girls. The leagues will be set up as follows:

Boys' Kindergarten and 1st Grade

Boys' 2nd Grade

Boys' 3rd Grade

Boys' 4th Grade

Boys' 5th and 6th Grade

Boys' 7th, 8th and 9th Grade

Boys' 10th, 11th and 12th Grade

Girls' Kindergarten and 1st Grade

Girls' 2nd & 3rd Grade

Girls' 4th Grade

Girls' 5th and 6th Grade

Girls' 7th – 12th Grade

Please note: Volunteer Coaches are Needed! Registration begins September 5th and **closes** October 27th.

Adult Open Rec. Basketball

Adult Open Rec. Basketball is offered for all Trumbull adults with proof of residency.

18 years and older: Hillcrest Middle School Gym - Friday evenings from 7:00 p.m. – 9:00 p.m. beginning October 13th.

30 years and older: Booth Hill Elementary School Gym – Thursday evenings from 7 p.m. - 10 p.m. beginning October 19th.

Men's 40+ Over the Hill: Jane Ryan Elementary School Gym – Tuesday and Friday evenings 7 p.m. – 9 p.m. beginning September 12th.

Open Rec. Basketball

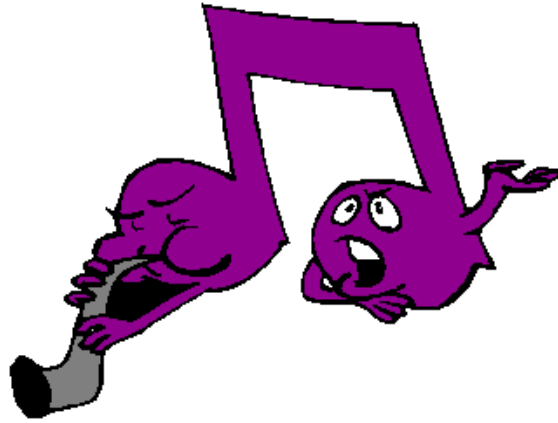
Open Rec. basketball is offered for all Trumbull residents with proof of residency. The days, times and locations are as follows:

Booth Hill: Tuesday evenings – 7:00 p.m. – 9:00 p.m. beginning October 17th .

Hillcrest: Saturday afternoons – 12 noon – 3:30 p.m. beginning October 14th .
Sunday afternoons – 12 noon – 3:30 p.m. beginning October 15th .

Madison: Sunday afternoons – 12:00 noon – 3:30 p.m. beginning October 15th .

Tashua: Monday evenings – 7:00 p.m. – 9:00 p.m. beginning October 16th .
Saturday afternoons 12:00 noon – 3:30 p.m. beginning October 14th .



Children's Autumn Sing-a-long

Limit: 15 children.

FEE: \$30. NO REFUNDS.

A caregiver and child musical class is being offered for young children, ages one-three. The class will run for 6 weeks on Tuesday or Friday mornings. Registration begins Tuesday, September 5th. Birth Certificates are required at the time of registration.

Day: Tuesday's

When: October 3rd, 10th, 17th, 24th, November 7th and 21st.

Place: Trumbull Library Community Room on Quality Street.

Times: 9:30 a.m. – 10:15 a.m.

OR

10:30 a.m. – 11:15 a.m.

Day: Friday's

When: October 13th, 20th, 27th, November 17th, December 8th and 15th.

Place: Trumbull Library Community Room on Quality Street.

Times: 10:00 a.m. – 10:45 a.m.

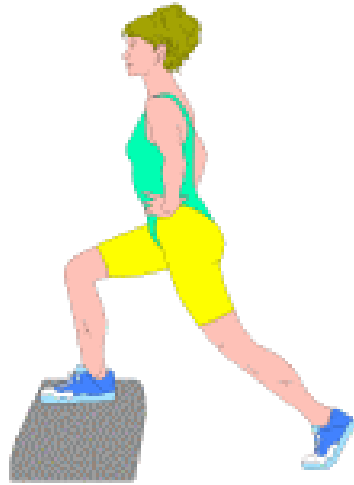
OR

11:00 a.m. – 11:45 a.m.

About the Class: Kristen Mary, a Certified Teacher, will lead the group. Some of the activities will include songs, rhymes, lap songs, marching with instruments, parachute play, puppets and a story.

Half way through the class, crackers or cookies will be provided while parents and children meet and socialize. **Parents are required to bring a spill-proof cup with drink for their own child.

The dress is comfortable and casual. Sneakers are recommended for children. Parental participation is required throughout the class.



Fitness

Precision Stretching and Toning with the use of Props

Limit: 15 people.

FEE: \$40/session. NO REFUNDS.

An eight-week class is being offered to Trumbull residents ages 16 and up for all fitness levels at Booth Hill Elementary School Gym on Wednesday's at 7:30 p.m. – 8:30 p.m. beginning 10/18/06. Various forms of integrated exercise that are performed to music and create a workout that will tone, firm, stretch, and strengthen the muscles of the body. This is an easy to follow program that will raise your fitness level. The workout is performed with props and music with a relaxation period at the close of the class. This can be used by people interested in beginning an exercise program and can act as a preparation and a starting point of movement into other types of exercise and fitness programs. Wear loose fitting clothing and bring a towel and a mat for a fun way to add exercise to your life. Due to the availability of props this class is limited to 15 participants.



Fall Adult Golf School

FEE: \$89/person. NO REFUNDS.
No Discounts.

Golf lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 5th. The days and times for the golf lessons are as follows:

Saturday's - 10:00 A.M. – 11:00 A.M.
Session 1: September 16 – October 14
(skip Rosh Hashana 9/23)
Session 2: October 21 – November 11

Fall Children's Golf School

FEE: \$89/child. NO REFUNDS.
No Discounts.

There are two, four-week golf sessions being offered for Trumbull children 6-16 years of age. Registration begins September 5th. Days and times for the golf lessons are as follows:

Tuesday's - 4:00 P.M. – 5:00 P.M.
Session 1: September 12 – October 3
Session 2: October 10 – October 31

Fall Women's Golf School

FEE: \$89/person. NO REFUNDS.
No Discounts.

Golf Lessons are being offered for all Trumbull residents 18 years and older with proof of residency for two, four-week sessions. Registration begins Tuesday, September 5th. The days and times for Golf Lessons are as follows:

Tuesday's - 10:00 A.M. – 11:00 A.M.
Session 1: September 12 – October 3
Session 2: October 10 – October 31

Location: Golf Center of Connecticut
784 River Road
Shelton, CT 06484
(203) 929-6500

HILLCREST POOL PROGRAMS & SCHEDULES

Hillcrest Pool is located in Hillcrest Middle School on Daniels Farm Road. All children under the age of 12 must be accompanied and supervised by an adult 18 years or older. All adults entering the pool, must show proof of residency. Children 12 years and older must sign in with the ID checker. No floatation devices of any kind are allowed. All untrained children must wear swim diapers. No shoes of any kind are allowed on the pool deck.



Family Swim

Family Swim is offered for all Trumbull residents with proof of residency.

The days and times for Family Swim are as follows:

Thursday evenings – 7:00 p.m. – 8:15 p.m. beginning October 19th.
Saturday afternoons – 2:00 p.m. – 3:30 p.m. beginning October 14th.
Sunday afternoons – 1:30 p.m. – 3:30 p.m. beginning October 15th.

Adult Swim

Adult Swim is offered to Trumbull residents 18 years and older with proof of residency.

The days and times for Adult Swim are as follows:

Monday mornings – 10:30 a.m. – 11:30 a.m. beginning September 25th.
Wednesday mornings – 10:30 a.m. – 11:30 a.m. beginning September 27th.
Sunday afternoons – 12:00 noon - 1:30 p.m. beginning October 15th.

Adult Early Bird

Adult Early Bird swim is offered for all Trumbull residents 18 years and older with proof of residency. Early bird swim is offered year-round Monday through Friday from 6:00 a.m. – 7:15 a.m.



Families



Generation to Generation



Self Defense

KARATE: (Students must be 8yrs. of age to participate)

FEE: \$30. Ages 8-11

\$40. Ages 12 – Adult

NO REFUNDS.

Schedule: 8 week session. Classes starting – September 19th .
Additional classes to follow.

Dates and Times: Tues. & Thurs. - Beginners – 6:30 p.m. – 7:30 p.m. (Ages 8 - Adult)
Tues. & Thurs. - Intermediate & Advanced – 7:30 p.m. – 9:00 p.m.
(Ages 12 – Adult)

Location: Booth Hill School Cafeteria

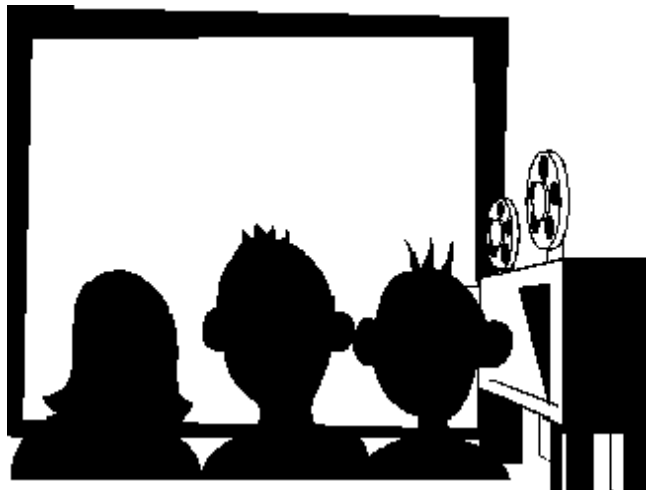
Trumbull Recreation is proud to host Kyokushin Karate. Kyokushin is a traditional Japanese style of karate. Sensei Glenn Learnard is a 4th Degree Black Belt and has over 25 yrs. of teaching experience.

About the Class

Beginners – Students will participate in vigorous striking and blocking techniques to improve their cardiovascular conditioning, muscle strength and flexibility while learning self-defense and self-discipline. Awareness, assault prevention, and escapes from basic holds are also covered. Parent and Child participation is encouraged.

Intermediate/Advanced – Experienced students can obtain ranking, compete in tournaments, pursue self-defense skills or participate to improve their mind, body and spirit. Advanced students will further explore the psychology, science and the art of sport fighting and street self-defense techniques. Advanced escape, restraining and fighting techniques are covered.

For more information visit: www.connkyokushin.com



MOVIE TICKETS

Movie Tickets for all Crown Theaters \$7.00/each (valid for 1 year).

Proceeds to benefit the Teen Center. Tickets available in the Trumbull Recreation Department.



Preschool Movement Class

FEE: \$35/session.

NO REFUNDS.

Limit: 15 children.

A parent and child movement class is being offered to ages 3 - 4. There will be two, eight-week sessions every Thursday beginning October 5th at the Trumbull Library Community Room. Registration begins Tuesday, September 5th. Birth Certificates are required to register.

The day and times are as follows:

Day: Thursday's

When: October 5th, 12th, 19th, 26th, November 9th, 16th, 30th and December 7th.

Times: 10:15 a.m. – 11:00 a.m.

OR

11:15 a.m. – 12:00 noon

About the Class: Parent and child will have a chance to participate in both fine motor and gross motor activities together. Then the class will engage in parachute play, stretching, freeze dance and a few simple movement songs... sometimes using hula-hoops. Each class ends with a snack and a story. Kristen, the instructor, is a Certified Teacher and former aerobics instructor.

****Parents are required to bring a spill-proof cup with drink for their own child. A cracker/cookie snack will be provided.**

The dress is comfortable and casual. Sneakers are recommended for children. Parental participation is required throughout the class.

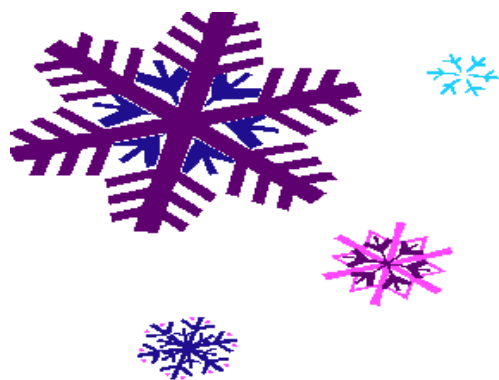


Rollerskating

Rollerskating is offered at Middlebrook School for Trumbull residents with proof of residency. The days and times for Rollerskating are as follows:

Monday, Wednesday and Friday 4:30 p.m. – 6:00 p.m.,
beginning October 16th.

Please note: Rollerblades are **NOT** permitted at Rollerskating, however Rollerskates will be provided.



SKATE LESSONS AT "THE RINKS AT SHELTON"

Kids (Mites/Tots) on Ice – 60 minutes – Ages 2 – 6

FEE: \$159/8 week session. NO REFUNDS.

No Discounts.

A parent or guardian must remain at the rink during each eight-week session. The Rinks require a helmet (prefer hockey helmet with facemask), kneepads, elbow pads and warm gloves. Days and times are as follows:

Tuesday's starting September 5th at 10:00 a.m. or 1:30 p.m.

OR

Wednesday's starting September 6th at 10:00 a.m. or 1:30 p.m.

Additional classes to follow also rate increases in January 2007.

Mom/Dad and Me – Parent and child - Ages 2 – 6

FEE: \$159/8 week session. NO REFUNDS.

No Discounts.

Kids must wear suitable helmet. Classes are as follows:

Monday's September 5th (skip Labor Day September 4th) at 10:00 a.m. – 11:00 a.m. for 8 weeks.

Additional classes to follow also rate increases in January 2007.

Learn to Skate – 25 minutes Group Lessons/25 minutes Practice time – Ages 3 - Adult

FEE: \$159/8 week session. NO REFUNDS.

No Discounts.

Skaters are grouped according to age and ability and are taught in a fun and enjoyable atmosphere. Kids must wear helmets. Classes are as follows:

Wednesday's starting September 6th – 4:00 p.m.

OR

Saturday's starting September 9th – 8:45 a.m.

Additional classes to follow also rate increases in January 2007.

Adult Group Lessons

FEE: \$159/8 week session. NO REFUNDS.

No Discounts.

Skating taught in a fun and enjoyable atmosphere. Helmets required. Classes are as follows:

Friday's 10:00 a.m. - Class will begin September 8th at 10:00 a.m.

Additional classes to follow also rate increases in January 2007.

Intro. To Hockey

FEE: \$169/8 week session. NO REFUNDS.

Students will learn the basics. Classes will be grouped by skill level. Hockey equipment required.

Sunday's 11:00 a.m. or 12 noon.

Additional classes to follow also rate increases in January 2007.

Little Islanders Hockey – Ages 2 - 6

FEE: \$159/8 week session. NO REFUNDS.

No Discounts.

Students will learn the basics. Classes will be grouped by age/skill level. Hockey equipment required. Classes are as follows:

Thursday's starting September 7th – 10:00 a.m. or 1:30 p.m.

Additional classes to follow also rate increases in January 2007.



SPECIAL NEEDS SPORTS PROGRAM

Fee: \$35. NO REFUNDS.

The Special Needs Sports Program is open to children ages 8-18 years old with special needs. It will take place at Tashua Elementary School Gym on Wednesday's from 6:30 – 8:30 p.m. The sports activities will alternate each week! The enrollment will be limited to 30 children.

Players will focus on having fun playing basketball, volleyball, kickball, dodgeball and crab (floor) soccer. They will learn basic skills in the various sports along with sportsmanship and teamwork to increase their self-esteem.

Register now at the Trumbull Recreation Department and the program will begin October 18th and run through mid-March.

*Parents must remain with children under the age of 12 or any children with severe disabilities.

SWIM LESSONS

Hillcrest pool is located in Hillcrest Middle School on Daniels Farm Road.

Swim Lessons - Adult: FEE: \$35/session. NO REFUNDS.

Limit = 4 people

Adult swim lessons are offered on Wednesday mornings from 9:00 a.m. – 9:30 a.m. beginning September 27th. There are four six-week sessions. Registration begins September 5th. For further information call the Recreation Department at 452-5060.

Session 1: September 27th, October 4th, 11th, 18th, 25th, and November 1st.

Session 2: November 5th, 15th, 22nd, 29th, December 6th and 13th.

Session 3: January 3rd, 10th, 17th, 24th, 31st and February 7th.

Session 4: February 28th, March 7th, 14th, 21st, 28th and April 4th.

Special Needs Swim:

Special needs swim is offered on Saturday's from 1:00 p.m. – 2:00 p.m. beginning October 14th. For further information call the Recreation Department at 452-5060.

Swim Lessons - Children: FEE: \$30. NO REFUNDS.



Swim lessons are offered to all Trumbull children between the ages of 5 and 12 on Saturday's. There are four six-week sessions and they last for 35 minutes. Registration will begin on Tuesday, September 5th at the Recreation Department on a first come first serve basis.

Session 1: October 14th, 21st, 28th, November 4th, 11th, and 18th.

Session 2: December 2nd, 9th, 16th, January 6th, 13th, and 20th.

Session 3: February 3rd, 10th, 17th, 24th, March 3rd and 10th.

Session 4: March 24th, 31st, April 7th, 14th, 21st and 28th.

Birth Certificates are required for ages 5 and 6.

The times are as follows: 9:15 a.m. , 10:00 a.m. , 10:45 a.m. , 11:30 a.m. and 12:15 p.m.

Swim Lessons - Toddlers: FEE: \$30. NO REFUNDS.

Limit = 10 toddlers

Toddler swim is offered for parents and their children between the ages 2 ½ and 4 ½ . A parent or guardian must accompany their child in the water. There are four six-week sessions that run on Monday mornings from 9:00 a.m. – 9:30 a.m. Registration will take place in the Recreation Department beginning September 5th. Birth Certificates required.

Session 1 begins October 16th.

Session 2 begins November 27th.

Session 3 begins January 29th.

Session 4 begins March 26th.



Teen Center

Fall/Winter Hours Begin Friday September 8th. Tuesday August 29th will be the last day of our Summer Hours.

Indian Ledge Barn

-Middle School 7th and 8th grade Friday Nights 7-10 PM

-High School Saturday Nights 7-11 PM

Things to do: Pool tables, ping-pong, air hockey, foosball, half-court basketball, arcade games, TV W/DVD, music and more.

Admission is \$1.00/person.

Any students interested in joining our Teen Activities Board, contact Lee at 452-5003.





TENNIS LESSONS FOR ADULTS

FEE: \$70/session. NO REFUNDS.

Limit: 6 people/class.

PTR Certified Tennis Instructor Francesca Winfield from Marcy's Tennis Academy will be offering a six-week Tennis Lesson at the Tashua Knolls Tennis Courts on the following days and times:

Wednesday's – beginning October 11 – November 15, 2006

Beginners - 6:00 p.m. – 7:00 p.m.

Advanced Beginners – 7:00 p.m. – 8:00 p.m.

Adv. Beginners – Intermediate - 8:00 p.m. – 9:00 p.m.

Saturday's - beginning October 14 – November 18, 2006

Beginners – 10:00 a.m. - 11:00 a.m.

Advanced Beginners – 11:00 a.m. – 12:00 noon

Intermediate – 12:00 noon – 1:00 p.m.



VOLLEYBALL

Children's Co-ed Volleyball: FEE: \$30. NO REFUNDS.

Limit: 30 children.

The department will be offering a children's Co-ed volleyball league for boys and girls 10 years and older. For further information, call the department at 452-5060. Registration begins September 5th. Co-ed volleyball will meet every Tuesday at Christian Heritage School located at 575 White Plains Road, from 7 – 9 p.m. beginning October 17th and ending February 13th, 2006.

Co-ed Adult Volleyball League:

The Co-ed Volleyball League is offered for Trumbull residents 16 years and older. The league meets Monday and Wednesday evenings from 6:00 p.m. – 9:00 p.m. at Madison Middle School beginning October 16th. For further information call the Recreation Department at 452-5060.

Drop-in Co-ed Volleyball:

Drop-in Co-ed Volleyball is being offered for Trumbull residents 18 years and older. Volleyball will meet at the Daniels Farm Gym on Wednesday evenings from 6:30 p.m. – 9:00 p.m. beginning October 4th.

Trumbull Recreation Department
2006 Yoga Class

FEE: \$70. No Refunds.

Limit: 10 – 12 people.

Yoga is being offered for an eight-week Session to Trumbull Residents 18 years and older at the Tashua Elementary School Gym. The days and time will be as follows:

Tuesday evenings, starting October 17, 2006

6:30 p.m. – 7:30 p.m. - Beginners

7:45 p.m. – 8:45 p.m. – Intermediate

Reminder to Trumbull Residents:

All Trumbull residents must have a Trumbull decal on all vehicles using the Trumbull parks throughout the year. Vehicles will be ticketed and fined \$25 for violating this privilege.

Please remember to remove your old decal from any vehicle you no longer own and return the decal to the Trumbull Recreation Department.

A **CURRENT CONNECTICUT MOTOR VEHICLE REGISTRATION FORM** must be shown in order to receive a new or replacement decal.

NOTE: CANCELLATIONS of all our programs will be announced on Radio Station WICC 600 AM and by calling 452-5169.